

## SCRIPTURE

***Soul Food • Meditation • Convictions***

## Are you feeling...

*Confused and in need of direction? Curious about the meaning of life?  
You want to know what is true? Spiritually starved?*

## WHAT IS SCRIPTURE?

Reading Scripture requires us to have a listening heart that is ready and open to hear what God desires to reveal. The Bible is a collection of ancient texts, but it is also God's contemporary word for us. As 2 Timothy 3:16 says *"All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right."* The Bible exists not only to inform, but to shape the lives of God's people and should be read as an encounter with God. As we read Scripture, we not only gather information about God, but form a deeper relationship with God.

As we grow in our closeness with God, our heart becomes more open to what God desires to show us. The Holy Spirit works through the Scriptures to teach us what is true. The Second Letter to Timothy (3:17) continues that *“God uses it to prepare and equip his people to do every good work”*. The Letter to the Hebrews (4:12) teaches that *“God’s Word is alive and powerful, exposing our innermost thoughts and desires.”* As we continue to read Scripture for guidance, our soul will be nourished.

## WHEN DO I APPLY THIS DISCIPLINE?

As I apply Scripture to my life, first I look for what God is saying in the passage. What does it mean? Then I apply the verses to myself. What is God saying to me in these verses? It's not so much about reading to master the text, but rather allowing the text to master and change me. The following practices have been demonstrated to assist with applying Scripture to my life:

1. memorizing and recalling Scripture;
2. journaling my insights;
3. listening for the Word of God to speak to me in the current situation that I find myself – in the present moment;
4. meditating on Scripture trains me to stop and pay attention to God. Slowing down and giving my undivided attention to God lies at the core of Christian meditation. The Psalmist looked to God and wrote: *"I'll ponder all the things you've accomplished, and give a long, loving look at your acts"* (Psalm 77:12 The Message).

## READY TO PRACTISE SCRIPTURE?

Choose a passage and apply these five questions:

- 1) What words, phrases, and/or verses stand out for me in this passage?
- 2) What does this passage say to me about people?
- 3) What does this passage say to me about God/Jesus?
- 4) What does this passage say about me?
- 5) What response does this passage require of me?

## NOTES